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# NE LESSON CODE BF-000-26

## VALERIE'S DIARY:

### SETTING GOALS FOR SUCCESSFUL BREASTFEEDING

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This informative video is both motivational and educational. Breastfeeding benefits, management, and support are covered.

#### OBJECTIVES

Participants are pregnant women or breastfeeding women. Participants will be able to:

- \$ set 3 personal goals to help them initiate breastfeeding and
- \$ set 3 personal goals to help them increase their duration rates.

#### MATERIALS

##### TV/VCR

**VIDEO** *Valerie's Diary*, (Produced by Injoy Productions). Available in English and Spanish, approximately 15:00 minutes. To order additional copies use the Texas WIC Materials Order Form and fax to Forms Coordinator at (512) 458-7446.

#### HANDOUTS

- \$ *Thinking About the Baby? Think About Breastfeeding*, stock #13-14, available from TDH Warehouse, using TDH order form AG-30.
- \$ *My Baby* baby book, stock # 13-51, English and stock # 13-51-A, Spanish, available from TDH Warehouse, using TDH order form AG-30
- \$ Channing-Bete pregnancy calendar, limited number available. To order copies use the Texas WIC Materials Order Form and fax to Forms Coordinator at (512) 458-7446.
- \$ *Breastfeeding Diary*, attached; make copies as needed.
- \$ Pencils

#### Note about Evaluation Forms for New Lessons:

The first few times a new lesson is presented, staff and participants need to complete the evaluation forms attached at the end of this lesson. Please note that the staff evaluation form is different from the participant evaluation form. Only 10-20 participant evaluations need to be completed. Please mail completed evaluations to:

Delores Preece  
Texas Department of Health  
1100 West 49<sup>th</sup> Street  
Austin, Texas 78756

## TEACHING TIPS:

The video is a wealth of good information . Let participants choose which topics covered in the video interest them most and focus on these topics. Encourage participants to call you or another WIC breastfeeding counselor if they think of other questions after they leave. Prior to class, write your local agency phone number on the *Breastfeeding Diary Sheet*.

The *My Baby* book may be substituted for the pregnancy calendar and the information you ask pregnant moms to enter in the calendar may be entered in the *My Baby* book instead.

## ICE BREAKER

Distribute pregnancy calendars to pregnant women and/or *My Baby* book to breastfeeding women. (See Teaching Tips.)

**Will those of you who are pregnant share with us the expected due date of your baby?**  
Give participants a chance to respond. **Open your pregnancy calendar, or *My Baby Book*, and write your due date inside.**

**For those of you with babies, tell us how old your baby is.** Give participants time to respond. **Turn to page 2 of your *My BabyBook* and write down your baby=s name and birth date.**

**How many of you have ever set goals for yourself? Such as, goals for losing or gaining weight, goals for saving money, or goals for your job or career?** Ask for a show of hands.

**How were you able to meet your goals?** Who would like to share what worked for you?  
Allow participants to respond.

Possible reasons given for accomplishing set goals:

- \$ **Motivation** - wanting to fit in swimsuit or wedding dress, wanting to save enough money to buy a car or house or furniture.
- \$ **Support B** having someone to encourage you or help you, especially someone who had accomplished a similar goal like quitting smoking or getting a new job.
- \$ **Knowledge B** learning everything you could about how to reach your goal, such as where to shop for a good bargain, which foods are nutritious but less fattening, what education or experience is expected for the job you seek.

**Today we are going to watch a video about breastfeeding. After the video, I would like each of you to set a breastfeeding goal for you and your baby.**

Give participants the *Breastfeeding Diary* handout and a pencil. Invite them to discuss any topic covered in the video, or write down any question they may have had during the video.

## **SHOW VIDEO**

*Valerie's Diary*

## **DISCUSSION**

1. **What did you learn from this video that you did not already know?** Give participants a chance to respond.

**Before the video, I said I would ask you to set a breastfeeding goal for you and your baby. Please look at your diary sheet. This is your own personal diary page. Even if you are not sure if you want to breastfeed, think about setting a goal to breastfeed for just one day. How will breastfeeding just one day benefit you and your baby?**

### **Possible answers:**

- \$ Breastfeeding just one day will help provide my baby with immunities against infection.
  - \$ Breastfeeding just one day will help my baby's digestion system and help my baby pass his first bowel movement.
  - \$ Breastfeeding just one day will decrease my baby's risk of diarrhea and constipation the first days of life.
  - \$ Breastfeeding just one day will help my baby and me bond.
  - \$ Breastfeeding just one day will help shrink my uterus back to its normal size, and lower my risk for excessive bleeding.
  - \$ Breastfeeding just one day will help me experience breastfeeding a little, and perhaps I will decide to breastfeed longer.
2. **You may want to set a different goal. Look at the options listed on your Diary sheet and check one or more goals you want to set for yourself and your baby.**



3. **Is anyone in the class already nursing her baby?** If you are, turn to page 15 in your *My Baby* book (teddy bear picture) and write how long you have nursed him and today's date. **What are some of the benefits you have experienced during the time you have breastfed?**

Possible answers:

- \$ Don't have to prepare formula, sterilize bottles, or carry them around
- \$ Don't have to get up in the middle of the night; can take baby to bed with me and nurse when he wakes up hungry
- \$ Helped me lose weight after baby was born
- \$ Baby is healthy; saved on doctor bills and medicine
- \$ Special closeness

4. **What can you share with the pregnant moms who are thinking about breastfeeding?** Let participants share.
5. **On page 15 of your *My Baby* book, write a new breastfeeding goal for you and your baby. Would anyone like to share the goal you have set?** Give participants a chance to respond.

Possible goals for the postpartum breastfeeding mom:

- \$ Continue to nurse my baby for one more week, or one more month.
- \$ Continue to nurse my baby for at least one year.
- \$ When I wean my baby, I will do so gradually and with love.
- \$ If I need assistance, I can call my WIC counselor or the breastfeeding hotline for encouragement or counseling with any breastfeeding problem.

Distribute *Thinking About the Baby? Think About Breastfeeding!* to pregnant moms. Tell participants that the toll-free breastfeeding hotline number appears on this brochure.

**NE LESSON CODE BF-000-26**  
**VALERIE=S DIARY: Setting Goals For Successful Breastfeeding**  
**Lesson Survey Form - Staff**

**LA#** \_\_\_\_\_

**Date** \_\_\_\_\_

**1. Was the audiovisual easy to see and hear?**

a. yes

b. no

**2. Was the lesson easy to read and follow?**

a. yes

b. no

**What changes would you suggest for improving the lesson?** \_\_\_\_\_

\_\_\_\_\_  
\_\_\_\_\_

**3. Was participant feedback:**

positive

negative

indifferent

**4. Was the Spanish translation appropriate for your participants?**

yes

b. no

**5. Do you plan to use this audiovisual/lesson again?**

4. yes

b. no

**Comments:**

**6. Additional comments:** \_\_\_\_\_

\_\_\_\_\_

**Note about New Lesson Survey Forms:**

The first few times a new lesson is presented, staff and participants need to complete the survey forms attached at the end of this lesson. Please note that the staff survey form is different from the participant survey form. Only 10-20 participant surveys need to be completed. Mail completed New Lesson Surveys to:

Delores Preece

Texas Department of Health

Bureau of Nutrition Services

1100 W. 49<sup>th</sup> Street

Austin, Texas 78756

**NE LESSON CODE BF-000-26**  
**VALERIE=S DIARY: Setting Goals For Successful Breastfeeding**  
**Lesson Survey Form - *Participant***

1. The name of the video I saw today was:\_\_\_\_\_

2. I am: (you may circle more than 1)

pregnant

breastfeeding

arent of an infant

parent of a child

family or friend

3. How much did you like the video?

a lot

a little

not at all

4. Do you think this is a good video to show at WIC?

yes

no

Why?\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

5. What is the most useful thing you learned from the video and discussion today?

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Comments:\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

***Thank you for your comments!***